



Robert A. Rudelic
Robert@RobertRudelic.com



 Home  Profile  Facebook  Twitter  LinkedIn



I look forward to connecting with you!
Robert A. Rudelic

Less Clutter = Less Stress

Why wait until spring to clean and cut excess baggage from your home? Clutter can add unnecessary stress to your life, not to mention its [link to obesity](#). Here's a four-point checklist to help you get a handle on clutter throughout your home.

Pick Your Project

Make a list of areas in your house that bother you most, like the pantry or an overstuffed closet, and create a vision for how you would like it to look. It may sound silly, but [double the time](#) you think it will take to finish the project. Whether you get sentimental or just plain exhausted, emotions that come up during the process can be overwhelming, so give yourself plenty of time for breaks.

Keep Items That Spark Joy

A popular decluttering method is that of Japanese organizing specialist [Marie Kondo](#). One of her rules is to touch everything and decide if that item "sparks joy" in you. If it doesn't, you don't need it. This includes gifts you've received from others but may feel guilty getting rid of. Rest assured that someone somewhere will enjoy it more than you!

Don't Buy New Storage Bins Yet

Sometimes the allure of shopping for organizational systems takes over, but acquire too many tools and you'll create a new kind of clutter. Make a point to sort first and shop second to reduce the likelihood of unnecessary purchases.

Craft a Capsule Wardrobe

One of the latest organizing trends is creating a [capsule wardrobe](#), which promotes mixing and matching a few key pieces to create several go-to

Refer
a
friend



Contact
Us



Schedule
an
appointment



outfits. Commit to paring down your seasonal wardrobes to a specific number, like 30 items, and avoid shopping for additional clothing. Be sure to include pants, shoes, tops and outerwear.

Robert Rudelic - Impax Sports Therapy
San Francisco, CA 94102